



Pick-WIC Paper

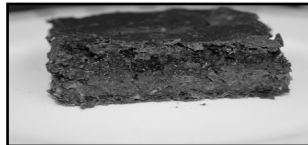
NORTH DAKOTA WIC PROGRAM

SEPTEMBER 2018

Black Bean Chocolate Cake Zucchini Mix Corn and Bean Salsa Beef and Rice Mexican Skillet Apples with Cinnamon Yogurt Dip

Black Bean Chocolate Cake

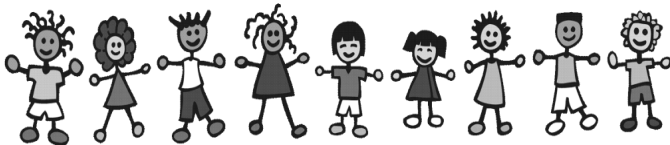
1 can (15-16 ounces) black beans, low-sodium preferred (Do not drain)
½ cup unsweetened applesauce
1 box (15.25 ounces) devil's food cake mix
½ cups chocolate chips, optional



1. Heat oven to 350 degrees. Coat a 9 x 13-inch cake pan with nonstick cooking spray.
2. In a large bowl, mash black beans and liquid from the can.
3. Add applesauce and cake mix. Using an electric mixer, mix for 3 minutes on medium speed (Batter will be thick).
4. Pour batter into pan. If desired, sprinkle with chocolate chips.
5. Bake for 35-40 minutes until a toothpick inserted into the center of the cake comes out clean.
6. Allow cake to cool completely before cutting.

Recipe Source: NDSU Extension Service, www.ag.ndsu.edu/food

Nutrition Note: This recipe makes 12 servings. Each serving (without chocolate chips) has 170 calories, 1.5 grams of fat, 4 grams of protein, 37 grams of carbohydrates and 350 milligrams of sodium.



Tips for a Happy & Healthy Family

Hug your child. Smile at your child often during the day. When your child does something good, tell him you are proud of him.

Source: www.numatters.com

Zucchini Mix

3 cups zucchini, cut into 1-inch pieces (about 3 medium zucchinis) or mix-and-match zucchini with yellow summer squash
1 small onion, sliced
1 medium tomato, diced
½ cup mushrooms, chopped (optional)
½ cup shredded, reduced-fat cheddar cheese
½ teaspoon basil, dried



1. Place zucchini, onions, tomatoes and mushrooms in a microwave-safe 2-quart casserole dish.
2. Cover loosely and microwave on high for 7-10 minutes or until vegetables are tender.
3. Sprinkle with cheese and basil.
4. Microwave on high for 30 seconds. Let stand 2-3 minutes before serving.

Nutrition Note: This recipe makes 4 servings. Each serving (without mushrooms) has 50 calories, 1.5 grams of fat, 5 grams of protein, 6 grams of carbohydrates and 135 milligrams of sodium.

Why breastfeed?



“Great bonding time! It’s a way to know baby is getting enough nutrients! Cheaper! A way to keep mamma healthy as well!”

~ WIC Breastfeeding Mom from Lake Region WIC

Go to www.ndhealth.gov/breastfeeding to learn more about breastfeeding.

Corn and Bean Salsa

3 large tomatoes, diced
1 can (15-16 ounces) black beans, rinsed and drained (low sodium preferred)
1 can (11 ounces) sweet corn, drained (white preferred)
1 medium red onion, diced
3 tablespoons red wine vinegar
2 tablespoons olive oil



1. In a large bowl, mix all ingredients together.
2. Let stand for a few hours or overnight.
3. Serve with tortilla chips.

Nutrition Note: This recipe makes 10 servings. Each serving has 100 calories, 3.5 grams of fat, 4 grams of protein, 15 grams of carbohydrates and 125 milligrams of sodium.

Beef and Rice Mexican Skillet

- 1 tablespoon cooking oil
- 1 large onion, chopped
- 1 pound lean ground beef
- 2 cups brown rice, cooked
- 1 fresh tomato, diced
- 1 can (4 ounces) green chilies, drained
- 1 can (15 ounces) black beans, rinsed and drained
- 2 cups frozen corn
- 1 packet (1 ounce) low-sodium taco seasoning
- 1½ cups low-sodium chicken broth
- 1 cup shredded, reduced-fat Colby and Monterey Jack cheese



1. In a large skillet over medium heat, heat cooking oil.
2. Add onion and cook 2 minutes, then add ground beef and cook, breaking up with a wooden spoon until no longer pink, about 6 minutes. Drain fat.
3. Add brown rice to skillet. Add tomatoes, chilies, beans, corn and taco seasoning packet. Stir to combine, then add chicken broth.
4. Bring to a simmer, cover and cook for 20 minutes.
5. Top with cheese and cover to let melt, 2-3 minutes.

Recipe Source: NDSU Extension Service, www.ag.ndsu.edu/food

Nutrition Note: This recipe makes 10 servings. Each serving has 240 calories, 9 grams of fat, 19 grams of protein, 19 grams of carbohydrates and 410 milligrams of sodium.



The Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children.

~~WIC Because You Care~~

 NORTH DAKOTA
DEPARTMENT of HEALTH

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www.ndhealth.gov/wic

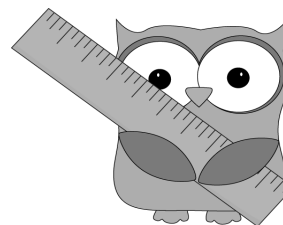


Turn Off the TV



Visit your local pumpkin patch or harvest time festival. Find the perfect pumpkin or funny looking gourds with your children. Go to an orchard and pick apples from the tree. Meet new animals in a petting zoo.

Source: www.numatters.com



Apples with Cinnamon Yogurt Dip

- ¾ cup non-fat/low-fat vanilla yogurt
- 1 tablespoon peanut butter
- ¼ teaspoon cinnamon
- Fresh apples, washed and sliced



1. In a small bowl, mix yogurt, peanut butter and cinnamon.
2. Serve with your family's favorite apples, washed and sliced.

Recipe Source: www.numatters.com

Nutrition Note: This recipe makes 6 servings. Each serving has 80 calories, 2 grams of fat, 2 grams of protein, 15 grams of carbohydrates and 30 milligrams of sodium.

GROWING HAPPY FAMILIES

Add on, don't take away.



Once you have the meal habit, you may find yourself getting tired of eating the same food all the time. Tweak your menus to make them more interesting. Make only one or two changes at a time. You may want to include some broccoli and ranch dressing with the pizza or add peaches to the chicken nuggets and French fries. For feeding a family, be considerate of tastes and limitations without catering to their likes and dislikes.

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